

1930

## From Hide to Hose...

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# The Tin Can Family

By Nellie Goethe

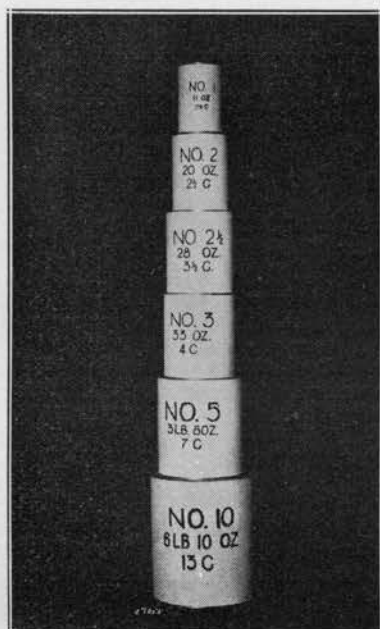
**W**HEN purchasing a pair of hose, would you say to the clerk, "I want a pair that will fit my feet"? Hardly! Instead, you'd specify—"I want a pair of gun-metal hose—size 9½."

But, when buying canned goods, how do you specify the exact quality and amount desired? The clerk, perhaps, may be personally acquainted with you, know the size of your family and be able to give you the exact amount you want. Or, again, you might ask to see the size of the can, and then use your good judgment as to whether you will need one or two cans. But why waste such perfectly good time—both yours and the clerk's—when there is a much quicker method at hand?

The ordinary round tin cans used for canned goods are graded into standard sizes, and the following table will show you the measure of the contents in each size can.

No. 1 can (the smallest) holds 1½ cups  
No. 2 can holds 2½ cups  
No. 2½ can holds 3½ cups  
No. 3 can holds 4 cups  
No. 5 can holds 7 cups  
No. 10 can holds 13 cups

The No. 2 can is most commonly used for vegetables such as peas, beans and corn. However, many vegetables are packed in a No. 1 can because the No. 2 can is a little large for one meal for the modern family.



How They Stack Up

The No. 2½ size is most commonly used for such fruits as peaches, pears, apricots, etc.

The No. 3 can is usually used for beets, tomatoes, squash and pumpkin.

Knowing that a No. 2 can holds 2½ cups of corn and that ½ cup of corn would make one generous serving, one could quickly give this market order to the clerk, "One No. 2 can corn, please." Time is saved and you feel perfectly at ease because you are certain it will be plenty to serve your family of five.

But, you ask, how do I get the right kind or style of corn? Well, there are just four grades of corn. The Maryland Style is the whole grain corn—the kernels are whole in the brine. The Maine Style, the most popular, is the cream corn. Hulled corn, the third style, is only the inner creamy part of the kernel. Kornlet, the last type, is strained corn.

## A Life History

Peas, either large or small, may be purchased, and they are graded according to size. The No. 1 grade is a very small sifted pea. The No. 2 is still small, and a No. 3 pea is about medium. Either a No. 2 or 3 might be used for buttered or creamed peas. A No. 4 or 5 is large and has a rather hard hull. It is best used for cream of pea soup where the peas are mashed and the hulls discarded.

When purchasing canned goods, look at the label. It will tell you many things. In the case of peas, the size number will be on the label, and if it gives size 3, you will know that it is a medium pea.

"A word to the wise is sufficient" in purchasing canned goods. Accept only cans in first class condition. The ends of the can should not bulge or be loose.

All seams should be tight with no trace of leaks.

When the can is opened, no outrush or spurt of liquid should occur. The odor should be characteristic of the product, and there should be no disintegration or mold present. If you know the food is spoiled, destroy it. In any case it is well to boil up the product thoroughly before using.

## From Hide to Hose. . .

By Elizabeth Flynn

**S**TOCKINGS, made of various kinds of materials, have been worn by man since very early times. Our ancestors wrapped dried strips of animals' skins around their legs and feet, much as army men wrap puttees, as a protection from sharp grasses, poison snakes, lizards and the stones underfoot. Later coarse thread was made from barks and roots of trees, and stockings were woven in much the same way as baskets. When man began to spin wool of animals into yarn, the textile industry was born.

Cotton was the first fiber to be used. Herodotus makes mention of its use sometime before 454 B. C.

"Trunk hose," a part of the trousers, were used as protection. Then a humble Scotch family thought of knitting a more comfortable covering for the foot and leg, and our present stocking was born.

Silk stockings were brought into fashion for the people of the court during the reign of Henry the Eighth in England. During the reign of Queen Elizabeth, a machine was invented by William Lee which increased the speed of knitting from one hundred to six hundred stitches a minute. The product this machine made was a flat one. From that time on, Lee's invention has been steadily improved, until today it is possible to make almost any stocking entire-

ly by automatic machinery, and instead of six hundred stitches a minute, better than one thousand stitches a second are used.

There are two kinds of stockings—full fashioned and circular knit. The full fashioned hose is knit in a flat piece and is gradually shaped or narrowed in order to follow the curves of the leg and ankle; it is then seamed up the back. A stocking knit in this way contains one-third less silk at the ankle than at the top and the shape is permanent.

The circular knit stocking is knit around and around and it shaped like a tube of hose. It has the same number of stitches throughout its length and is exactly the same size at the top as at the ankle. As soon as the knitting is completed, the stockings are stretched and shaped on wooden or metal forms. A mock seam and mock fashion marks are frequently applied. The shape of stockings knit in this manner is not permanent.

Silk is the strongest fiber in the world. It is stronger for its size than the finest steel. The popular conception that silk stockings are very fragile is erroneous. If properly cared for they will give wear that compares favorably with cotton or lisle stockings, especially if they are reenforced at points of wear.